



# Smothered Greens

Makes 5 servings



## Nutrition information per serving:

Calories:	80
Carbohydrate:	14 g
Protein:	4 g
Total Fat:	2 g
Cholesterol:	16 mg
Sodium:	378 mg

## INGREDIENTS

- |  |  |
|--|--|
| 6 cups water                             | 1/2 teaspoon thyme   |
| 1/4 pound smoked turkey breast, skinless | 1 stalk scallion, chopped  |
| 1 tablespoon hot pepper, freshly chopped | 1 teaspoon ground ginger   |
| 1/4 teaspoon cayenne pepper              | 1/4 cup onion, chopped   |
| 1/4 teaspoon ground cloves               | 2 pounds of greens (mustard, collards, kale, turnip, or mixture) |
| 2 cloves garlic, crushed                 |  |

## PREPARATION

1. Place all ingredients except greens into 3-quart pot and bring to boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-sized pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

*It's So Easy.*

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Recipe courtesy of Los Angeles Blacks in Nutrition & Dietetics (LA BIND).





# Fruit Salad

Makes 4 servings (1/2 cup per serving)



## Nutrition information per serving:

Calories:	109
Carbohydrate:	28 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	3 mg
Dietary Fiber:	2 g

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## INGREDIENTS

- 1/2 cup sliced banana
- 1/2 cup chopped apple
- 1/2 cup chopped nectarines
- 1/2 cup grapes
- 1/2 cup orange juice

## PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



Recipe courtesy of the *California Latino 5 a Day Campaign*.